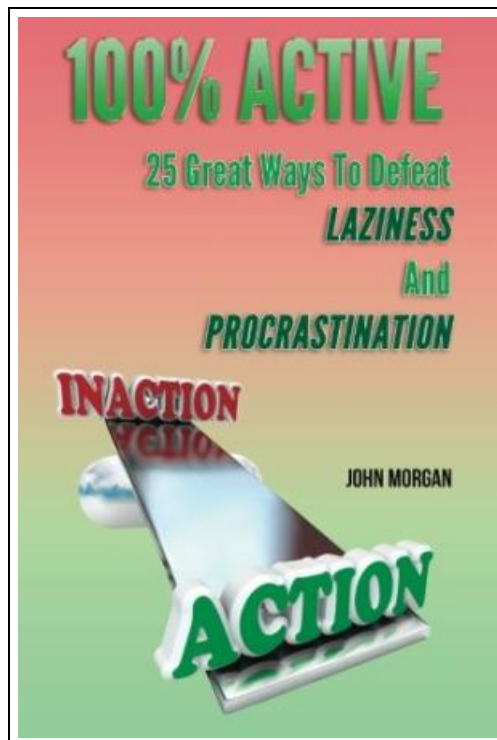


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How Will This Book Help You? Procrastination plagues us all. It ruins lives and dreams. So why do we still procrastinate? Is there a way to get over it? There is no one clear rule to beat procrastination. There is no specific strategy. And there is no cure. The truth is that although procrastination is a problem, it is not a disease. And therefore, it cannot be cured. It is present in all of us. It is an innate human tendency. No one can completely eliminate laziness in his or her system. It s there and it will keep bothering us. The question is will you let it? This book does not propose a cure simply because there isn t one. If there was a cure for procrastination, then procrastination would no longer be an issue today. What this book proposes, rather, are ways you can manage the tendency to procrastinate much more effectively. You may not be able to beat procrastination completely, but it can be managed so you can still accomplish important things in your life. If you want to limit the impact and influence of procrastination in your life, accomplish something of value, and become a more productive member of society, then this book holds the answers. Would YOU Like To Know More? Then Start Reading NOW! And Learn How To. *Dig Deeper *Focus on the real problem *Remove the laziness catalysts *Edit self-talk *Practice mindfulness *Set achievable goals *Face dreaded tasks upfront *Focus on the doable *Challenge the clock *Stop making excuses *Train your mind to focus like a monk *Go Pomodoro *Implement the Seinfeld strategy *And Much, Much More! What are YOU waiting for? Start...



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